

ROOKIE AND CAMP (Boys 4 - 5 year-olds)

Instructional; non-competitive; no scores or standings

NO GAMES SHOULD BE PLAYED AT THIS LEVEL, HAVE FUN WITH THE KIDS AND LET THEM LEARN THE GAME FIRST.

Multiple groups of players and each group starts at different station each week.

Each group rotates through stations based upon size and or set timeframe.

Approved Parent Volunteers (all volunteers must be approved, they will need to process volunteer form) to coach a station and or rotate through with group.

STATIONS: SUGGESTED DRILLS

- 1. Run from home thru 1st base (don't look at ball)
 2. Run from home to second (touch inside corner of base)
 3. Run from home to third (emphasize names of bases)
 4. Run around bases (Score the run!)
 5. Fielding Fly Balls (Tennis Balls)
 6. Throw tennis ball; "pop up" (Advanced sessions: Use tennis racquet)
 7. "Catch ball with eyes" "the glove protects the eyes"
 8. Glove faces upward; Use 2 hands; Bare hand covers up FIELDING GROUND BALLS (Tennis / Safety Balls)
 9. Have group practice proper position: Feet spread shoulder width; glove (facing up) on ground directly beneath body; Keep backside down , use 2 hands (bare hand to cover up & throw to coach) Alligator and Triangles.
 10. Throw grounders (Advanced sessions; Hit grounders) directly at players
 11. Throw (or hit) grounders to player's side; emphasize: shuffle "in front" of ball THROWING: PITCHING TO TARGET (Safety balls/Softballs; Hoop; Pitching Rubber)
 12. Demonstrate overhand throw; Emphasize: throwing off back foot & follow thru
 13. Players get 5 consecutive throws from rubber thru hoop 15' away THROWING FOR DISTANCE (USE Safety Balls)
 14. Have players line up; 5 consecutive throws across field to coach
 15. HITTING OFF TEE into fence (Safety balls, Batting Tee and Bat)
 16. Demonstrate proper stance (Front foot toward back of plate) and swing. Emphasize: hands back; elbow down; "karate chop" with lead arm; small step toward pitcher; eye on ball; follow thru (head looking at the pitcher)
 17. Player gets 5 consecutive swings HITTING (Stationary Tee; Home Plate; Bat)